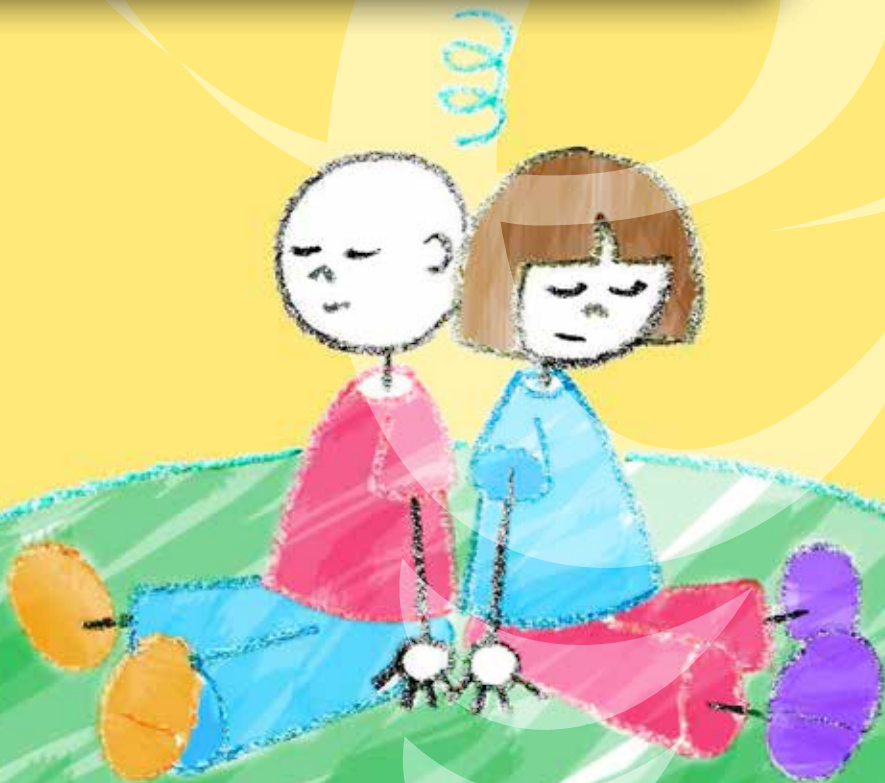


When Mummy Gets Dizzy and Daddy Falls Down

*Poetry and colouring book for children
who have a parent with epilepsy*



How to Use This Book

This poetry and colouring book is written to support parents with epilepsy when explaining their epilepsy to young children. If you are a parent who has epilepsy, we hope this book will be useful as a resource for you. The poems have been written based on simple common features of both complex partial and tonic clonic seizures. It may be useful to add extra comments on the back page of the book relating to your own specific seizures and tailor this resource to meet your needs. The pictures can be coloured in by your child which will help to reinforce their learning.

You may wish to use the Epilepsy Ireland 'My Parent Has Epilepsy' Card which is available through our community resource officers. In addition, you may wish to use this poetry and colouring book in conjunction with our booklet 'Talking About Epilepsy'.

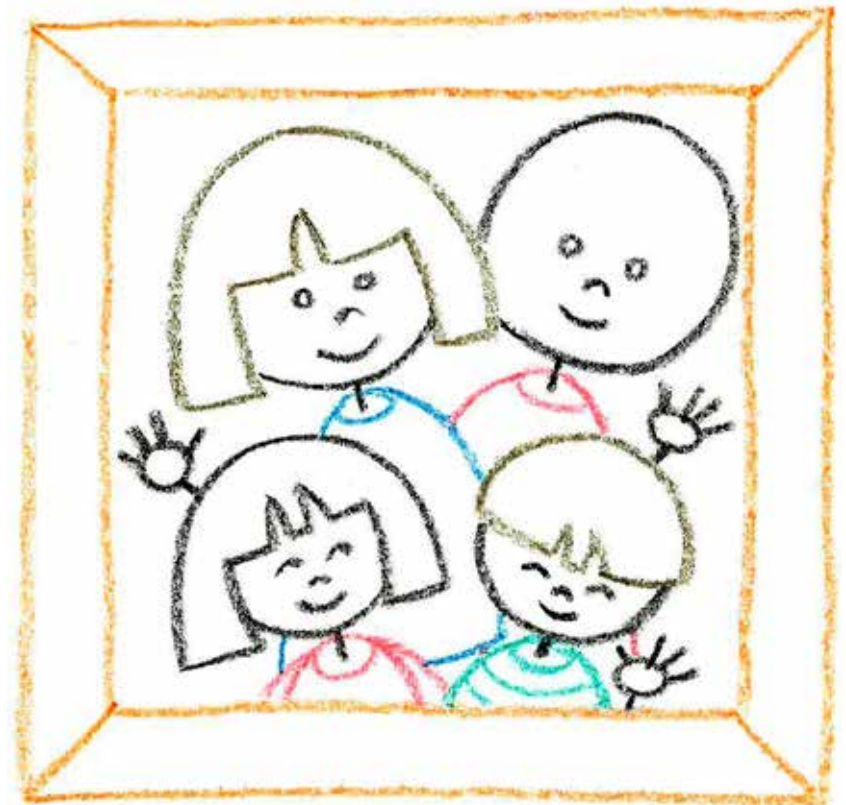
Our thanks and appreciation to:

Geraldine Dunne, Epilepsy Ireland for writing the poems

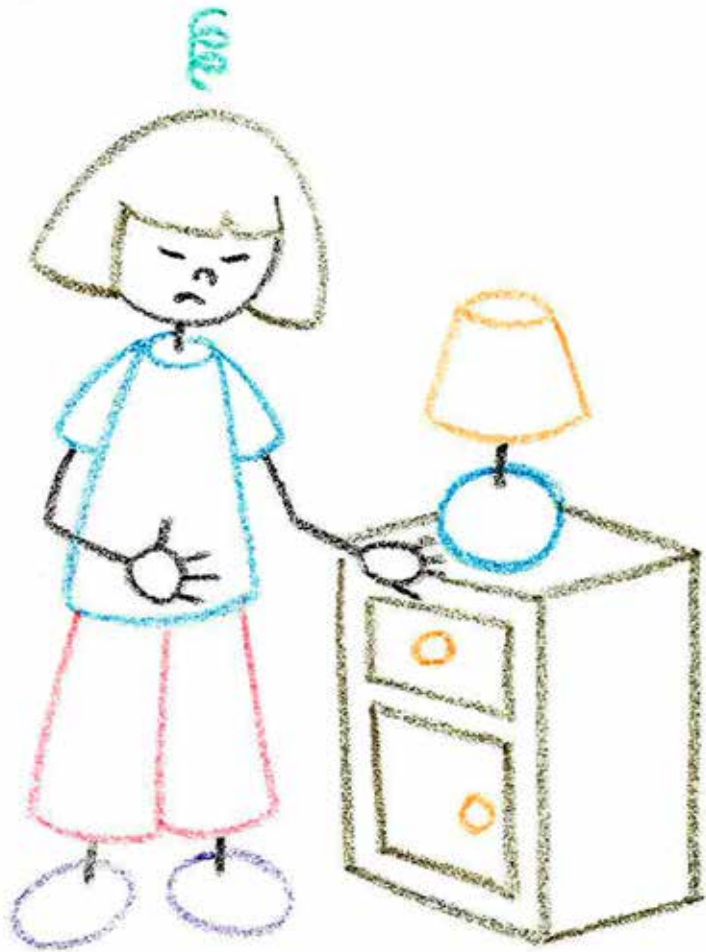
Philip Elliott, Whatbox Creative Ltd. for the illustrations (www.whatboxcreative.ie)

When Mummy Gets Dizzy - a poem about complex partial seizures

My name is Lucy and I am three,
In my family there's James, mummy, daddy and me.
My daddy's like James and my mummy's like me,
except that she has epilepsy.



When mummy gets dizzy I don't feel scared,
It's called a seizure or so I've heard.
When mummy gets dizzy it happens so fast,
The good thing is it doesn't last.



Some people get dizzy spells,
funny tastes or funny smells.
but mummy makes a smacking sound,
with her lips and pulls her clothes around.



When mummy gets dizzy she wanders and mumbles,
I get worried in case she stumbles.
When mummy gets dizzy she can feel sick with it,
and daddy tells me "she'll be okay, in a bit".

My mummy doesn't drive a car,
so we go walking but not too far.
On my brother's buggy is a cord which is thick,
so it won't roll away if mummy is sick.

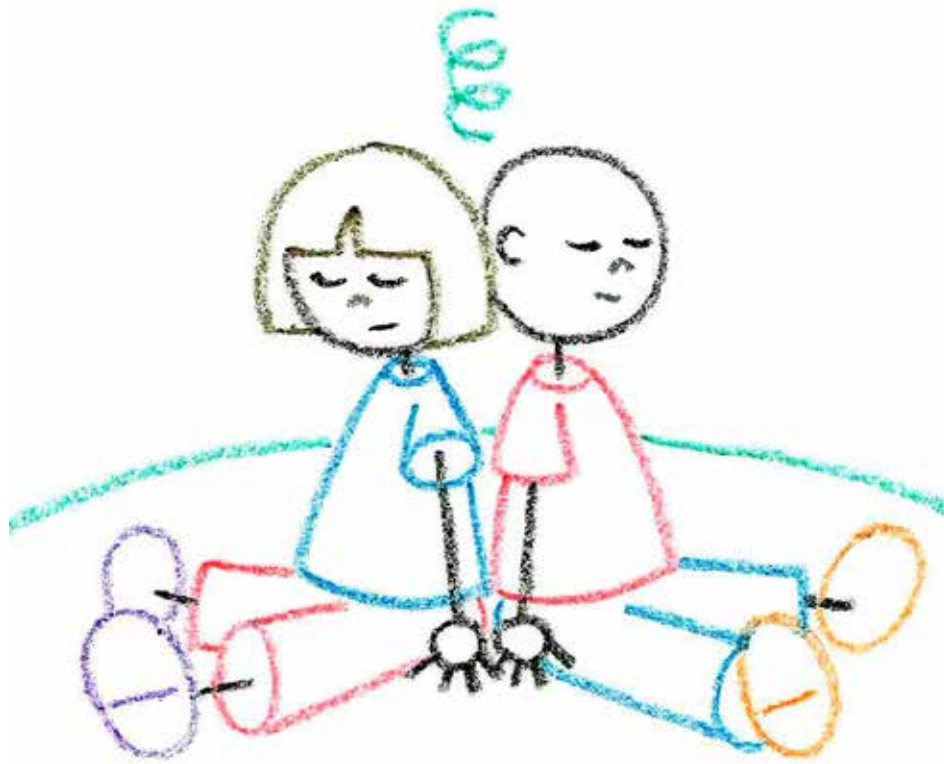


When we go to the park we take the bus,
It's so much fun just the three of us.
When we're out and about I carry a card,
to ask for help, it's not so hard.

If mummy gets dizzy the card will explain,
who to call and what are our names.
It tells someone what to do next,
to help us be safe, it's for the best.



If mummy gets dizzy and we're at home,
I don't get upset now I pick up the phone.
I dial 1 for daddy or 2 for Gran,
I know they'll come as soon as they can.



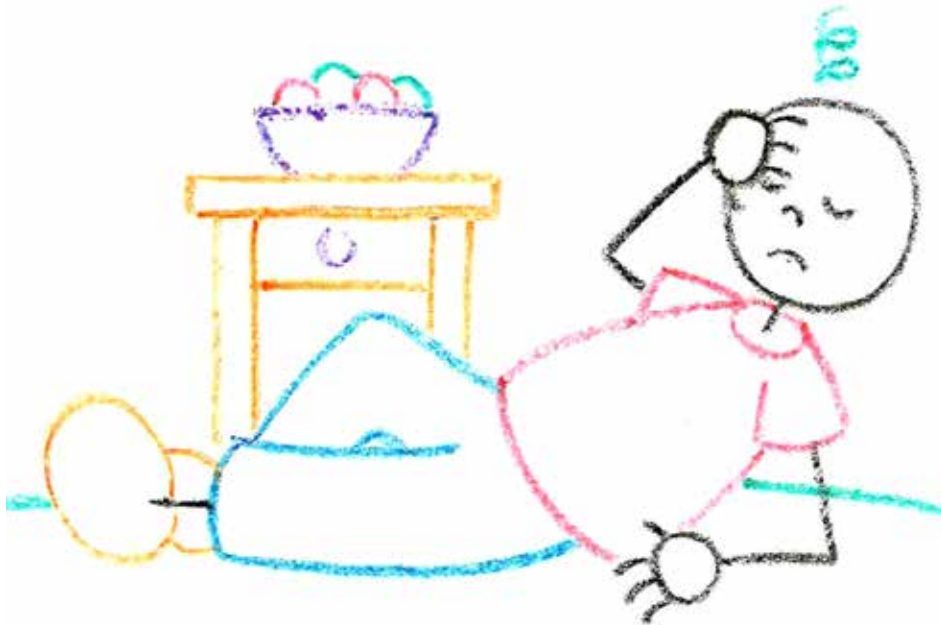
When she's better she's not tired like before,
her energy's back and she's ready for more.
So we go back to having fun,
My mummy is great she's number 1!

When Daddy Falls Down - a poem about tonic clonic seizures



My name is Jake and I'm nearly three,
My family is Kate, mummy, daddy and me.
My mummy's like Kate and my daddy's like me,
except that he has epilepsy.

When daddy falls down I don't feel scared,
It's called a seizure or so I've heard.
When daddy falls down it happens so fast,
But the good thing is it doesn't last.



When daddy falls down his arms and legs shake,
and mummy tells me "he'll be okay, Jake".
When daddy falls down I don't run and hide,
I watch mummy roll him on his side.

My daddy doesn't drive a car,
so we go walking but not too far.
On my pushchair a rein is tied,
so it won't roll away if daddy falls to the side.



When we go to the park we take the bus,
It's so much fun just the two of us.
When we're out and about I carry the card,
to ask for help, it's not so hard.

If daddy falls down the card will explain,
who to call and what are our names.
It tells someone what to do next,
to help us be safe, it's for the best.



If daddy falls down when we're at home,
I don't get upset now I pick up the phone.
I dial 1 for mummy and 2 for Gran,
I know they'll come as soon as they can.

When he's better he's not tired like before,
his energy's back and he's ready for more.
He may have a headache and his muscles may ache,
But soon he'll be saying "What's up, Jake?"

So we go back to having lots of fun,
My daddy is great he's number 1!



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